

# Exercise Injuries to the Foot & Ankle

# Where Do These Injuries Occur?

---

- Toes
- Forefoot (front of the foot)
- Midfoot (middle of the foot)
- Hindfoot (heel and ankle)

# Toe Injuries

---

- Nail injuries
- Skin injuries
- Bone injuries

# Toe Injuries: Nail & Skin

---

- Bruised toenails
- Ingrown toenails
- Blisters, cuts and abrasions

# Toe Injuries: Fractures & Dislocations

---

- Fractured (broken) toe
- Dislocated toe
- Both

# Forefoot Injuries

---

- Fractures of the metatarsal bones
- Inflamed joints
- Nerve injuries
- Tendonitis

# Fractures in the Forefoot

---

- Stress fracture of the metatarsal bone
- Traumatic fracture of the metatarsal bone

# Other Forefoot Injuries

---

- Inflamed joints
- Nerve injuries
- Tendonitis



# Midfoot Injuries

---

- Lisfranc injuries
  - Sprain
  - Fracture
  - Dislocation
- Painful accessory navicular bone

# Hindfoot Injuries

---

- Heel pain (plantar fasciitis, etc.)
- Haglund's deformity
- Achilles tendon injuries
- Other tendon injuries
- Ankle sprains

# Heel Pain

---

- Bottom of the heel
  - Plantar fasciitis
  - Stress fracture
  - Nerve entrapment
  - Sever's disease (in children)
- Back of the heel
  - Heel spur
  - Bursitis
  - Achilles tendon injury
  - Haglund's deformity

# Achilles Tendon Injuries

---

- Partial tear
- Complete tear (a rupture)
- Achilles tendonitis/Achilles tendonosis

# Other Tendon Injuries in the Hindfoot

---

- Peroneal tendon
  - Tear
  - Subluxation (dislocation)
  - Tendonitis or tendinosis
- Posterior tibial tendon
  - Posterior tibial tendon dysfunction

# Ankle Sprains

---

- Modify activities
  - Stretched
  - Partially or completely torn
- Severity depends on
  - How many ligaments are injured
  - Extent of the damage
- Symptoms
  - Pain, swelling or just feeling wobbly
  - Bruising
  - Difficulty walking

# Possible Treatment Strategies

---

- Rest
- Icing
- Anti-inflammatory medication
- Offloading (crutches, etc.)
- Physical therapy
- Orthotics/braces/modifying athletic shoes
- Corticosteroid injections
- Surgery

# For Foot & Ankle Injuries from Exercise . . . Proper Diagnosis & Effective Treatment are Vital

---

Next Step Foot & Ankle Clinic

Pleasanton 830.569.3338

Universal City 210.428.4570

[www.NextStepFoot.com](http://www.NextStepFoot.com)



American College of  
Foot and Ankle Surgeons®

*Proven leaders. Lifelong learners. Changing lives.*





**American College of  
Foot and Ankle Surgeons®**

*Proven leaders. Lifelong learners. Changing lives.*

